



# Hampton Mayor's Committee For People with Disabilities

## NEWSLETTER



Vol. 21 No. 5

Spring 2012

Jeanne E. Smith, Contributing Editor

The Mayor's Committee for People with Disabilities meets the 2nd Thursday of every month (except July and December) from 3:00 PM to 5:00 PM at City Hall, 22 Lincoln St- 8th floor Council Chambers. Visitors are most welcome.

People who require a Sign Language Interpreter will be accommodated with at least 2 weeks advance notice. Contact Jeanne Smith @ 757-826-0762

***Save The Date:*** Our Annual Awards Luncheon will be held on Thursday, October 25, 2012— from Noon to 2 PM—details in our Fall Newsletter.

### TOP 10 REASONS FOR LEARNING SIGN LANGUAGE

10. You can communicate through windows.
9. Sign language is a 3-D language.
8. You can sign with your mouth full.
7. Hearing people can communicate with their deaf child.
6. You can sign under water.
5. Sign language is a neat way to express yourself.
4. You can communicate across the room without shouting.
3. Sign language is beautiful.
2. You can make friends with deaf people.
1. Sign language brings together deaf and hearing people.



Virginia Association For The Deaf, Inc. (2003)



## Plan to Participate in the Statewide Tornado Drill March 20

Registration is now open for the March 20 Statewide Tornado Drill at [www.ReadyVirginia.gov](http://www.ReadyVirginia.gov). Businesses, schools, organizations, families and individuals are encouraged to take part in this critical safety exercise. 2011 was a tough year in Virginia for tornadoes – here's a look back:

- 51 tornadoes hit, the second highest number on record (87 struck in 2004)
- In April, 10 people died and more than 100 were injured
- Most tornadoes occurred during April, but tornadoes also were recorded in March, May, August, September, October and November
- In April, 212 homes and 17 businesses were destroyed; more than 1,050 homes and businesses were damaged
- Nearly every part of Virginia experienced tornadoes during 2011, including mountainous Southwest Virginia. Other areas hit: Southside Virginia, Roanoke Valley, Shenandoah Valley, Central Virginia, Northern Virginia, Middle Peninsula and Hampton Roads
- Many of the tornadoes struck at night – the powerful EF3 twister in April hit Washington County shortly after 11 p.m.

The annual Statewide Tornado Drill is sponsored by the National Weather Service and the Virginia Department of Emergency Management. Learn more about tornado safety and how to hold a drill at [www.ReadyVirginia.gov](http://www.ReadyVirginia.gov).

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## **“Braille Signs Is Cool to Do”**

Lyrics by Becky Williams and Linn Sorge  
(Parody on “Breaking Up Is Hard To Do”  
1962, Neil Sedaka)



### *Verse 1:*

I need to find Room 109,  
But this building has no Braille signs.  
We should give these folks a clue  
That Braille signs is cool to do.

### *Verse 2:*

Here's a machine. What does it sell?  
There's no Braille here so I can't tell.  
We want signs we can read too  
So Braille signs are cool to do!

### *Bridge:*

You know it's up to us to spread the news  
'Cause no one wants the No Braille Blues.  
Don't say that it costs too much,  
When we can read the signs we need in Braille  
with just a simple touch.

### *Verse 3:*

The elevator stopped, but on which floor?  
Now I need to find the rest room door.  
Spread the word. You know it's true  
That Braille signs is cool to do!

### *Bridge Repeated:*

You know it's up to us to spread the news  
'Cause no one wants the No Braille Blues.  
Don't say that it costs too much,  
When we can read the signs we need in Braille  
with just a simple touch.

### *Verse 4:*

ATM's are made for me and you,  
So why's the Braille one in the bank's drive  
through?  
Let's keep on pushin'! There are still too few,  
And Braille signs is cool to do!

## **THE PENINSULA COUNCIL OF THE BLIND—VA** **An Affiliate Of The Virginia Association For The Blind**

The National Organization of American Council of the Blind strives to increase the independence, security, equality of opportunity, and to improve the quality of life for all blind and visually impaired people.

The Peninsula Council holds monthly meetings at a local restaurant. There we have dinner and members choose and pay for their own meals.

Anyone blind, visually impaired, or other interested parties are encouraged to join us for our monthly business meeting. We sometimes have guest speakers and after the meetings, we socialize and support one another.

Please share this information with family and friends or anyone else who may be interested.

For further information, please contact Pat at (757) 826-7185 or Dottie at (757) 247-1021

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## **HANDICAPPED PARKING REPORT**

**January 2011—December 2011**

The Hampton Police Division issued the following handicapped parking tickets during the 2011 calendar year.

- Tickets issued to In-State Registered Vehicles - 301
- Tickets issued to Out-of-State Registered vehicles - 22



## 311 wants you to know...

\*With the exception of Thanksgiving and Christmas days, 311 is available to help you 7 days a week from 7 am to 11 pm. Even days when the City offices are closed for a holiday or on weekends, we're here and ready to help.

\*Unsure of your recycling week? Give us a call and we'll look it up for you.

\*If you experience a stoppage or overflow in your

lines, call 311 and let the city check things out before you call a plumber. If the problem is in your lines, you'll have to call a plumber BUT if not, we will fix problems in our lines at no charge and maybe save you some money. Waste Water crews are on duty from 7 am-11 pm daily and on call for emergencies.

\*Animal Control and PETA continue to offer free spaying and neutering clinics on the first Thursday of each month. Pet owners must be Hampton residents, valid photo ID required as proof of residency. Appointments can be made up to 30 days in advance. Low cost shots or vaccinations will be offered for an hour each during each of the above clinics. No appointments needed for the, first come, first served. Contact Animal Control for clinic locations and times.

## REHABILITATION PROGRAMS AVAILABLE FOR HAMPTON RESIDENTS

**Wheelchair Ramp Program---**This program assists non ambulatory residents in the City of Hampton in need of a wheelchair ramp to gain access to their home. Applicants must qualify based on household income. This grant covers the cost of materials to build the ramp at the residents primary residence. Grant recipients may hire a Virginia licensed and insured contractor of their choice to construct the ramp or receive volunteer labor by

registering on our waiting list.

**Emergency Program-** The emergency funds help owner occupant residents of the City of Hampton make home repairs to correct an urgent health or safety concern due to a natural disaster. Examples include significant roof repairs or heating system failure. The maximum grant amount is \$10,000 and the applicant must qualify based on household income and other criteria,

For more information, Contact Ms. Sid Alvarado at 727-111-- Ext 314- Hampton Redevelopment and Housing Authority.





## WORDS HIT LIKE A FIST!!!

When you use words like retard or retarded, it hurts people!!! Many people with disabilities consider “retard” the most offensive word referring to a disability. Consider carefully your words in the future, because words hit like a fist!!

## Hiring People With Disabilities

**Hiring people with disabilities is more than a administrative box that gets checked at the Defense Commissary Agency (aka Military Supermarkets)**

*“Qualified people with disabilities are hired, not only because it’s the right thing to do, but also because we see their strengths and contributions”* says Director Joseph H. Jeu, Director and CEO of the Defense Commissary Agency.

Hiring people with disabilities fits with the emphasis of DeCA to foster a culture where employees are valued for their qualifications to do the job, and not for their race, creed religious background or physical disabilities. Targeted disabilities include deafness, blindness, paralysis, convulsive disorders, mental retardation and physical conditions affecting limbs or spine.

To learn more about the government’s report, “Improving the Participation Rate of People with Targeted Disabilities in the Federal Work Force”, visit [www1.eeoc.gov/federal/reports/pwtd.html](http://www1.eeoc.gov/federal/reports/pwtd.html)  
Information source—The Peninsula Warrior newspaper, Air Force—January 22, 2012

## Virginia Association of Centers for Independent Living 2012 Legislative Priorities

- Reduce waiting lists for the Medicaid Developmental Disabilities Waiver and Intellectual Disabilities Waivers
- Maintain current monthly income limits for Medicaid Waiver eligibility
- Maintain personal care services
- Stabilize funding for Independent living services
- Restore cuts made in 2011 to Medicaid Waiver provider rates
- Provide funding for the Consumer Services Fund

For more information on the above, contact Insight Enterprises at  
(757)827-0275 voice / (757)827-0655 (TDD) / (757)827-0655 (FAX)



## The 2012 Household Chemical Collection Schedule is...

**March 17**

**May 19**

**July 21**

**September 15**

**November 17**



Bring your items to the Public Works Operations Yard at 419 N. Armistead Ave, from 8 am-Noon. Call 311 for information on what items are and aren't accepted. Hampton residents can also take advantage of neighboring city's collection dates-so call 311 if our dates don't work for you.

## COURAGE CENTER HANDIHAM SYSTEM

(Ham Radio and Technology for people with disabilities)

The Courage Center Handiham System provides tools for people with disabilities to learn Amateur radio and technology skills, and to earn their Amateur Radio licenses. This sounds pretty straight forward, but what is really happening behind the scenes is that people with disabilities who join the program are going to learn new technologies, including assistive technologies that will help them in other aspects of their lives. By working through the process of earning an amateur radio license Handiham members become familiar with setting goals and following a plan to achieve them. Handiham members also become part of a worldwide community of amateur radio operators. This community is alive with opportunities for all sorts of life enhancing activities. One can make friends on the air, stay in touch with other Handiham members who might have similar assistive technology such as blind-friendly computing systems and radios.

The mission of the Parent organization, Courage Center, is "to empower people with disabilities to reach their full potential in every aspect of life"

The Handiham program takes their members through a process that builds confidence, achievement, planning, friendships and volunteerism in service to others. Courage Center is a nonprofit rehabilitation and resource center that advances the lives of children and adults experiencing barriers to health and independence.

For more information contact:

Courage Center  
Handiham System- 3915 Golden Valley Rd.,  
Golden Valley, MN 55422: email: hamradio@  
couragecenter.org. Toll-free phone: 1-866-426-  
3442 (1-866-HANDIHAM) or call our Committee  
resource person Greg Lesko at 746-6936.





## NEWS RELEASE

For immediate release

Contact: Robin McCormick | [rmccormick@hampton.gov](mailto:rmccormick@hampton.gov) | 757-728-3276  
22 Lincoln Street | Hampton, VA 23669

## “The Hampton Hour”

“The Hampton Hour” is the source for updated Hampton news, events and information that Hampton citizens need, when they need it. The 60 minute program features "Round Robin", hosted by Hampton's Marketing and Communications Director, Robin McCormick, who delves into lively discussions with City leaders and newsmakers on issues that matter most to you!

Interviews taped so far include:

- What it's like to be a police recruit, with one of Hampton's newest officers, former Phoebus High, Virginia Tech and NFL player Nathaniel Adibi and Sgt. Wright
- How property is assessed and what the recent assessments mean to homeowners, with City Assessor Brian Gordineer
- How you can participate in developing the city's budget, with City Manager Mary Bunting
- Tough choices the school system is facing this budget year, with Superintendent Dr. Linda Shiflette
- An 82-year-old school crossing guard who has worked with the Hampton Police Department for over 40 years, “Miss Nancy” Shields
- New traveling Civil War exhibit at the Hampton History Museum, with museum director Luci Talbot Cochran

Tune in to the Hampton City Channel at any of these times: 8 a.m., noon, 6 p.m. and 10 p.m. to learn more about what's going on in your city. (The Hampton City Channel airs on Cox 47 and Verizon 23.)



## *In Memoriam*



*It is with great sadness that we tell you of the passing of Renee Edwards on February 20, 2012. Renee was a valued member of the Mayor's Committee For People With Disabilities for several years.*

Mayor's Committee for People with Disabilities  
City Hall  
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Hampton, VA 23669  
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## This is your newsletter!

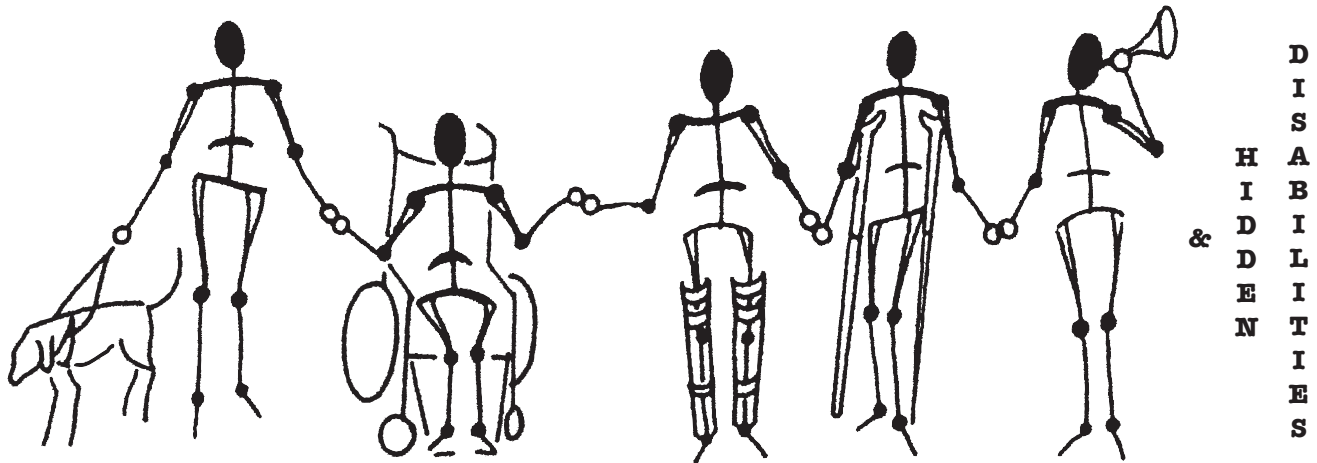
This newsletter was established to serve the disabled population and to enhance public awareness by publishing interesting and informative articles that will specifically address the needs and interests of the disabled. We welcome your comments and suggestions concerning future articles. We reserve the right to edit all articles. We are not afraid of offering controversial views for the benefit of our readers. Consequently, views and interests presented will not necessarily be the opinions of the editors or of the members of the Mayor's Committee for People with Disabilities.

*Our thanks to the Hampton City Council  
for making these newsletters possible.*

**If you receive more than  
one newsletter, please pass  
the extra copy to a friend!**

*This Newsletter is designed and printed  
at **Sir Speedy** in Hampton, VA*

*If you want to change your address, cancel receiving this newsletter or would like to be added  
to our mailing list, please contact Jeanne at 757-826-0762.*



If we all work together, we can win the battle.